

American Red Cross

LIFEGUARD WATERFRONT TRAINING RECERTIFICATION COURSES

***Includes C.P.R. Recertification
2016***

***** AT FREEDOM PARK *****

Name: _____

Address: _____

Age: _____ Phone: _____ E-Mail: _____

Amount Paid: \$ _____ Date: _____

Please check which L.T. Recert course you are signing up for:

____ ***COURSE I:***

Tuesday, 5/24/16, 6-9pm

Friday, 5/27/16, 1-8pm (rain date 5/28) **Fee: \$190.00**

____ ***COURSE II:***

Thursday, 5/26/16, 6-9pm

Friday, 6/3/16, 1-8pm (rain date 6/4) **Fee: \$190.00**

Cancellation Fee:\$35 Please make check payable to: Town of LaGrange

Participants must bring their own CPR pocket mask. You may purchase one for \$15 at the Recreation office or on the 1st night of class.

Instructor: Tom Bubel

You are registered once we process your payment. *Registration is limited.*
We will contact you only if there is a problem.

RETURN BY: 5/15/16 TO: LaGrange Recreation Department
120 Stringham Road
LaGrangeville, NY 12540

Prerequisites:

15 years old before the first class, proof-of-age required.

On the first day of class persons must swim:

- 550 continuous yards (200 yards each of free swim and breaststroke and 150 yards of one of those two strokes).
- Be able to swim 20 yards with a surface dive to retrieve an object 7-10' deep and exit in 100 seconds.
- Be able to swim 5 yards, submerge and retrieve 3 diving rings placed 5 yards apart in 4-7 feet of water, resurface and swim 5 yards to the side.

NOTE: RED CROSS requires a minimum of 6 people per class.

For more info contact: Sharon Beale, Rec. Dept. at 452-1972

DIRECTIONS TO FREEDOM LAKE: From TSP take Rt.55 east ¼ mile to first left on Velie Road to right on Skidmore Road 1 ½ miles to Freedom Park on right.